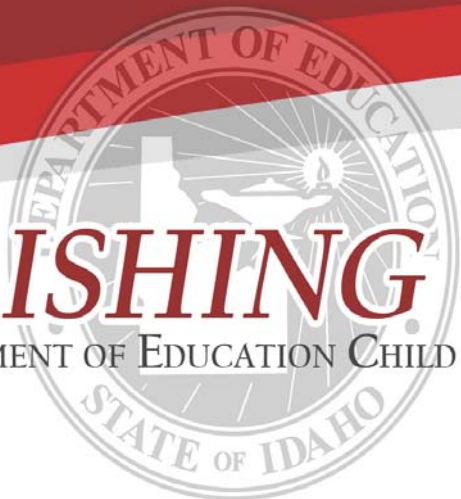




# NOURISHING NEWS

IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS



VOLUME 1, ISSUE 9

APRIL 2007

*This publication has been sent to all School Food Service Directors and School Food Service Kitchen Managers, CACFP Directors/Owners and Program Managers.*



HEALTHY MEALS FOR EVERY CHILD, EVERY DAY!

## A Message from the Director

The Idaho State Department of Education Child Nutrition Programs offer two types of snack programs, the At-Risk Snack Program administered by the Child and Adult Care Food Program and the After School Snack Program administered by the National School Lunch Program. These programs are intended to assist schools, child care sponsors, and public and private nonprofit organizations to operate education enrichment programs, which include activities known to help reduce or prevent children's involvement in juvenile crime or other high risk behavior. All programs that meet the eligibility requirements can participate in the above mentioned programs and receive USDA reimbursement. Both programs are aimed at promoting

the health and well being of children and youth in our communities.

CACFP is the Child and Adult Care Food Program, an important nutrition assistance program funded by the U.S. Department of Agriculture (USDA) for young children and adults receiving day care. CACFP snacks give a nutritional boost to children and teenagers in afterschool care programs in Idaho.

The National School Lunch Program (NSLP) offers cash reimbursement to help schools serve snacks to children in afterschool activities. A school must provide children with regularly scheduled activities in an organized, structured and supervised environment, which include

educational or enrichment activities (e.g., mentoring or tutoring programs). Competitive interscholastic sports teams are not eligible afterschool programs.

When school is out and parents are still at work, children need a safe place to be with their friends, with structured activities, and supportive adults. These snack programs that serve meals draw children and teenagers into constructive activities that are safe, fun, and filled with opportunities for learning. The meals give them the nutrition they need to learn, play, and grow.

Sincerely,

Colleen Fillmore, PhD, RD, LD  
Director, Child Nutrition Programs

## Inside this issue:

A Message from The Director of CNP	1
Starting NSLP Afterschool Snack Programs	2
Your Questions Answered	2
Guest Article: FRAC Senior Analyst	3
Nutrient of the Month: Potassium	3
Wellness Meets Afterschool Snack	3
CACFP At-Risk Afterschool Snack Program	4

## Upcoming Events and Deadlines

### CACFP 2005 Dietary Guidelines Workshop:

- \* Boise, 4/24/07, 9 a.m. -1 p.m.
- \* Idaho Falls, 4/24/07, 9 a.m. -1 p.m.
- \* Coeur d'Alene, 4/26/07, 9 a.m. -1 p.m.
- \* Twin Falls, 4/26/07, 9 a.m. -1 p.m.
- \* Pocatello, 4/26/07, 9 a.m. -1 p.m.
- \* Lewiston, 5/1/07, 9 a.m. -1 p.m.



### Team Nutrition Grant Application:

**\*Due April 27, 2007**

For more information please visit our website:

[www.sde.idaho.gov/child/tngtrants.asp](http://www.sde.idaho.gov/child/tngtrants.asp)

### CACFP Production Records Workshop:

- \* Boise, 4/24/07, 2 p.m.-4 p.m.
- \* Idaho Falls, 4/24/07, 2 p.m.-4 p.m.
- \* Coeur d'Alene, 4/26/07, 2 p.m.-4 p.m.
- \* Twin Falls, 4/26/07, 2 p.m.-4 p.m.
- \* Pocatello, 4/26/07, 2 p.m.-4 p.m.
- \* Lewiston, 5/1/07, 2 p.m.-4 p.m.

### NSLP Renewal Application:

**\*Due May 25, 2007**

To apply, please visit our website:

[www.sde.idaho.gov/child/nslp-renewalforms.asp](http://www.sde.idaho.gov/child/nslp-renewalforms.asp)

**CIRCULATE TO:**

- ☐ Superintendent ☐ Principal ☐ School Nurse  
☐ Health Teacher ☐ Kitchen Staff



## Quick Facts:

- *There were 225 Afterschool Snack Program locations for the FY 2005.*
- *There were 112,288 snacks served at schools with less than 50% free and reduced students in FY2005.*
- *There were 520,956 snacks served free in at-risk locations in FY 2005.*
- *Total reimbursement for FY 2005: \$355,708.60.*
- *According to the USDA, the average cost of a serving of fruit or vegetable is 25 cents per serving. Compared to a 69 cent single serve bag of chips, this is a great deal!*



## Mary Jo Marshall, B.S. Coordinator—NSLP

## Starting NSLP Afterschool Snack Programs

All of the talk about afterschool snack has stirred up interest in teachers, administrators, and food service managers. You may already be participating in the afterschool snack program at your sites or may be getting requests from your sites to provide these snacks.

Some LEA's in Idaho have put together a packet for distribution to staff who request an after-school snack to explain what is involved. The packet could include sample menus, responsibilities of the program coordinator, responsibilities of food service and a short application form for the afterschool program coordinator to complete and return to the food service director prior to the start of the snack service.

A National School Lunch Program (NSLP) sponsor can request approval for the afterschool snack at anytime during the school year. To be able to claim reimbursement for snacks served, you must first have state agency approval.



The process to request this approval is simple. The sponsor needs to access CNP2000

and check the afterschool snack box on the site application form. In addition, the sponsor completes the section indicating the dates the program will be offered and gives a brief description of the educational or enrichment activities of the program.

Snacks are prepared by food service but do not need to be served by food service staff. The serving and counting can be done by a teacher or staff member of the enrichment program. The food service department is required to prepare a reimbursable snack, complete production records daily and conduct two afterschool snack reviews at each site.

To help you, snack menu requirements are listed in the introduction of the Food Buying Guide and the snack review form is on the CNP website.

If you have further questions, please contact our office at (208) 332-6820.

## Your Questions Answered

**Q:** The non-profit organization I work for has an afterschool program. Can we qualify for the afterschool At-Risk Snack Program?

**A:** Your program can qualify for the afterschool At-Risk Snack Program if it is located in an area eligible location. An area eligible location is one that is located near a school whose enrollment is fifty percent or more students who are eligible for free and reduced priced meals. After-school At-Risk Snack Programs are reimbursed for snacks at the free rate.

Students do not have to apply or qualify to be eligible for free snacks. The program must have an agreement with the State Department of Education to operate and be reimbursed for snacks served in their program. The afterschool program must offer an enrichment program such as homework club, help with math, or art classes.

**Q:** How does the state agency determine if a school qualifies for snacks at the free reimbursement rate?

**A:** To determine if the snack is reimbursable at the free rate or by student eligibility category, the information submitted by the district on the March eligibility report is accessed. This is located on the sponsor application screen of CNP2000. If the site has 50 percent or more free and reduced price meal eligibility on this report, the site will receive reimbursement at the free rate for all snacks served at approved programs.

**Q:** Can I use commodities to prepare afterschool snacks?

**A:** In addition to including commodity foods for lunches, you may use commodity foods to prepare afterschool snacks and breakfasts at your sites.

It is important to keep in mind that the entitlement dollar amount a sponsor receives for commodities each year is based on the number of NSLP lunches served in the previous year.



Guest Article from

**Crystal Weedall-FitzSimons**  
FRAC, Senior Policy Analyst

## Afterschool Nutrition is Essential

By the time children arrive at their afterschool program, lunch is a distant memory. Their growing bodies need food just to get through the afternoon. Without it, they feel run down, their attention span shortens, their ability to learn diminishes, and they have difficulty fully participating in afterschool activities.

The Afterschool Snack Program has many benefits:

- It helps to ensure that children have the nutrition their growing bodies need.
- The food provided by the program acts as a magnet attracting more hungry children, especially middle school or junior high

students who often have a say in whether or not they attend the afterschool enrichment.

- Program dollars that were being spent on food can now be spent on hiring more staff, purchasing equipment, and serving more children.

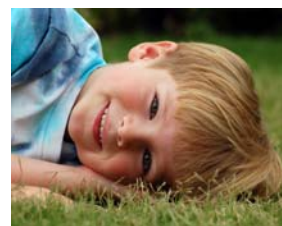
- It reinforces nutrition education and health messages by putting them into practice. This is especially important in Idaho, where about one in four 10 to 17 year olds are overweight or obese.



Nationally, there are about 37,000 afterschool programs feeding over 1.26 million

children through the National School Lunch Program (available to school-sponsored afterschool programs) or the Child and Adult Care Food Program (available to non-profit organizations, government agencies, and schools), but still too many are not accessing this important funding.

If you run an afterschool program in a low-income community where 50 percent or more of the children in the local elementary, middle, or high school are eligible for the free or reduced priced meals, or you serve a high number of low-income children, you should participate in one of these programs. The Idaho State Department of Education can provide you with additional information on the program.



### Nutrient of the Month-Potassium

**Sally Bartlett, MAOL, Coordinator-CACFP**

Add potassium to your snack menu with these fruits and vegetables: bananas, prunes, peaches, apricots, cantaloupe, honeydew, oranges, sweet potatoes, winter squash, tomato products, beet greens, spinach, dry beans, and split peas.

Try making sweet potato fries in the oven and serving them with a dip made from apricots, orange juice and vanilla low-fat yogurt.

Smash canned, drained black beans with a little salsa and serve with whole corn tortilla chips and low-fat sour cream.

Cut up bananas, cantaloupe and oranges and serve in whole wheat pita bread with a honey, poppy seed and yogurt dressing.



Add sliced peaches to a bowl of whole grain cereal and low-fat milk for an instant child pleaser.

Hollow out a honeydew melon, add your favorite salad greens and honeydew pieces and serve with warm corn bread.

### Wellness Meets Afterschool Snack

**Anna Mae Florence, R.D., L.D., Coordinator**



How can the Wellness Policy and afterschool snacks be united? If a district is going to participate in the Afterschool Snack Program it is an opportune time to connect it with the district's Wellness Policy.

The Afterschool Snack Program requires that two different food components from the food groups be served. This means that a whole grain muffin and low-fat milk could fulfill that requirement. What a great opportunity to serve healthy choices! Whole grains, whole fruits, vegetables and low-fat dairy products fit right into the meal pattern, right into a healthy diet and right into a Wellness Policy.

These types of foods provide many nutrients that snack foods from vending machines lack. Most students who stay afterschool aren't prepared with a snack, so they look to the vending machines to fill their hungry stomachs. Having healthy foods available through a reimbursable snack program is a better, healthier way to go.

### Making Healthy Look Good

How often do we think that eating healthy looks like this?



Eating healthy doesn't have to be drab or boring!



**Presentation Matters!**



**Sally Bartlett, MAOL**  
**Coordinator—CACFP**

## CACFP At-Risk Afterschool Snack Program

Childcare programs that operate afterschool programs for school age children may be eligible to be reimbursed for snacks at the free rate. The center or site must be located within the boundaries of a school that serves elementary students and more than 50 percent of its students must be eligible for either free or reduced price meals.



The center must offer enrichment activities in its afterschool care program. The activities might be homework help or art classes or physical activities that get the children moving after a long day studying and sitting. However, the center cannot be reimbursed for snacks for children who are participating in organized sports such as Little League or Optimist Football.

All children must be enrolled in the center's program and the center must follow state and local regulations regarding licensing. Attendance must be taken every day and the

center must have a point of service meal counting system that ensures that only one snack per day per child is counted for reimbursement.

One website that offers resources and materials for Afterschool Snack Programs is located at: [www.frac.org/Out\\_Of\\_School\\_Time/index.html](http://www.frac.org/Out_Of_School_Time/index.html). The Food and Research Center (FRAC) offers the Afterschool Resource Center free of charge to all facilities that are interested in offering afterschool snack programs. Another website is the National Afterschool Association's website located at: [www.naaweb.org](http://www.naaweb.org). This is where you will find information on conferences, resources, and other professionals interested in keeping our children safe afterschool.

For more information on offering an Afterschool Snack Program in your childcare facility contact Sally Bartlett at 208-332-6935 or via email at [skbartlett@sde.idaho.gov](mailto:skbartlett@sde.idaho.gov).



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